

# Lake Shore Football

## August 2010 Schedule

**August 2 – 5:** Interval Training @ Stadium 6 – 8p.m.

**August 6:** Equipment issue @ Field House 8 a.m. – Noon

**August 9 – 13:** Double Sessions, 8 a.m. – 10:30 a.m. &  
Noon – 2:30 p.m.

**August 14:** Family Day w/ Referee's Clinic @ Stadium 10  
a.m. – 2:30 p.m.

August 16, 17: Double Sessions

**August 18:** Practice 8 a.m. – 11:30 a.m. Need Stadium for  
this day!

**August 19:** Scrimmage @ Holly H.S.

**August 20:** Practice and film 10 a.m. – 2p.m.

**August 23:** Start regular practice schedule 4p.m. start

**September 6 (Labor Day):** Practice @ 5:30 p.m.